

FOKA ELITE

FREE CHECKLIST

# Before You Sign

Fourteen questions to answer before a bout agreement is signed

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**Most fighters read a bout agreement for the money and the date. The terms that decide what your weight cut can be, and what happens if a test goes wrong, sit further down and are rarely discussed until it is too late to change them.**

This is the list I go through. Fourteen questions, all of them answerable before anything is signed, and every one of them harder to fix afterwards.

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## Weight and the scale

- 1. Which weight, and when exactly is the weigh-in? Date, time and place, not just the day.
- 2. Is there a second weigh-in? Under some sanctioning bodies there is one on the morning of the fight. It changes the entire plan.
- 3. Is there a rehydration clause? Four different things get called that. Ask which one: an organisational rule, a contract term, a commission threshold, or a same-day check.
- 4. If there is a clause, what exactly does it say? The number, the time it is measured, and in what units.
- 5. What happens if I exceed it? A fine, the title, the purse, or the bout itself.
- 6. What happens if I miss the first weigh-in? How long do I have, how many attempts, and what is deducted.
- 7. What happens if my opponent misses? Does the bout proceed, at what weight, and what do I receive.
- 8. Is the weigh-in time negotiable? Ask early. In fight week it is not.

## Anti-doping

- 9. Who is testing this event? The commission, a private agency, a promotion's own programme, or nobody.
- 10. Which prohibited list applies? Do not assume it is the WADA List. Some programmes maintain their own.
- 11. When does testing start? Some programmes begin weeks before the date on the contract.
- 12. Am I in a testing pool, and do I owe whereabouts? Careers end on this without anybody testing positive.

## The two nobody asks

- 13. Who pays for a medical if I am withdrawn? And what happens to the purse.
- 14. Is there a rematch or a catchweight clause? Both change what a missed weight is worth to the other side.

### HOW TO USE THIS

Send questions 1 to 8 to whoever handles your contract, in writing, and keep the reply. Most of them have one-line answers and the person on the other end has them to hand.

If any answer is 'we will sort that out closer to the time', that is the answer, and you should plan around the worst version of it.

## What to do with the answers

Two of them set every number in your camp. The weigh-in format decides how large a cut can safely be, and any clause decides how much you may put back afterwards. Everything else in a nutrition plan follows from those two, which is why they belong in the conversation before a purse is agreed rather than after.

If you want that translated into weights and dates for your own fight, that is what I do. [fokaelite.com/services](https://fokaelite.com/services)

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Educational content, not legal advice and not medical treatment. For adults 18+. Rules differ between organisations and jurisdictions and they change: confirm the current position for your specific bout before relying on anything here.

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